23.3:

ADAPTIVE - SEATED WITH HIP FUNCTION

Starting with a 6-minute time cap, complete as many reps as possible of:

10 dips
5 U-turns
15 lap snatches (weight 1)
10 dips
5 U-turns
12 lap snatches (weight 2)

*If completed before the 6-minute time cap, add 3 minutes to the time cap and complete:

15 ring dips
5 U-turns
9 lap snatches (weight 3)

*If completed before the 9-minute time cap, add 3 minutes to the time cap and complete:

15 ring dips
5 U-turns
6 lap snatches (weight 4)

♀55 lb, 65 lb, 75 lb, 85 lb
♂75 lb, 85 lb, 95 lb, 105 lb

NOTES

Prior to starting, set up the floor plan as shown. As long as the barbell and U-turn station are 8 feet away from the dip stations, they may be placed in any configuration.

This test begins on the far side of the 8-foot line away from the dip stations. After "3, 2, 1 ... go," move to the first dip station and complete 10 dips. Then, cross over the 8-foot line and complete 5 U-turns. Next, move to the barbell and complete 15 lap snatches at the first weight. Then, repeat the sequence of 10 dips and 5 U-turns, then 12 lap snatches at the second weight. If you complete the 12 lap snatches at the second weight under the 6-minute time cap, add 3 minutes to the time cap and immediately continue with 15 ring dips, 5 U-turns, and 9 lap snatches at the third weight. You do not need to wait until the 6-minute mark to begin the ring dips. If you complete the 9 lap snatches under the 9-minute time cap, add 3 minutes to the time cap and immediately continue with 15 ring dips, 5 U-turns, and 6 lap snatches at the final weight. You do not need to wait until the 9-minute mark to begin the ring dips.

If the athlete completes all of the reps under the time cap, their score will be the total time taken to complete the test. If the athlete reaches the time cap before completing all of the reps, their score will be the total number of reps completed.

Athletes may use a wheelchair spotter.

Athletes who do not have an approved modification (section 6.0 of the Adaptive Athlete Policy) may choose to adjust any of the standards above and submit a scaled score (those with approved modifications can submit their score as Rx'd). Athletes submitting a scaled score are free to create their own version of the test as long as the original rep scheme is preserved. Movements and loads may be modified to match the athlete's ability.

Any adaptive athlete who finishes in the top 10 for an individual test or overall for the Open should expect to submit videos for all of their Open tests. These videos will be requested for review prior to finalizing the leaderboard.

TIEBREAK

The time should be recorded after the completion of each set of lap snatches.

If the athlete completes the test before the time cap, there will be no tiebreaker.

If the athlete does not complete the test before the time cap, when they log their score, they will enter the total number of reps they completed as well as the time at which they completed their last full set of lap snatches.

In the case of a tie (i.e., athletes complete the same number of reps), the athlete with the lower tiebreak time will be ranked higher.

Do **NOT** use a countdown timer.

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EQUIPMENT

- Tape to mark the floor.
- Dumbbells to mark U-turn distance.
- Dip bar or boxes.
- Rings.
- Barbell, plates, and collars.*

* The official weight must be recorded in pounds. For your convenience, the minimum acceptable weights in kilograms for the snatches are 25 kg (55 lb), 29 kg (65 lb), 34 kg (75 lb), 38 kg (85 lb), 43 kg (95 lb), and 47 kg (105 lb).

Be sure the athlete has adequate space to safely complete all movements. Clear the area of all extra equipment, people, or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the test standards video may be disqualified from the competition. Unless otherwise stated, athletes may not receive assistance with their equipment during the test.

VIDEO SUBMISSION STANDARDS

- Film **ALL** competition area measurements so the distances and weights can be seen clearly.
- Use the camera placement provided in the floor plan. The camera should capture a ¾ view of the athlete during all movements.
- Avoid placing the camera low to the ground. We recommend placing the camera at least 3 feet off the ground.
- Videos must be uncut and unedited to accurately display the performance.
- A clock or timer must be visible throughout the test.
- Videos shot with a fisheye lens or similar lens may be rejected.
- Do **NOT** use a countdown timer.
- Ensure the judge does not obstruct the view of the athlete.

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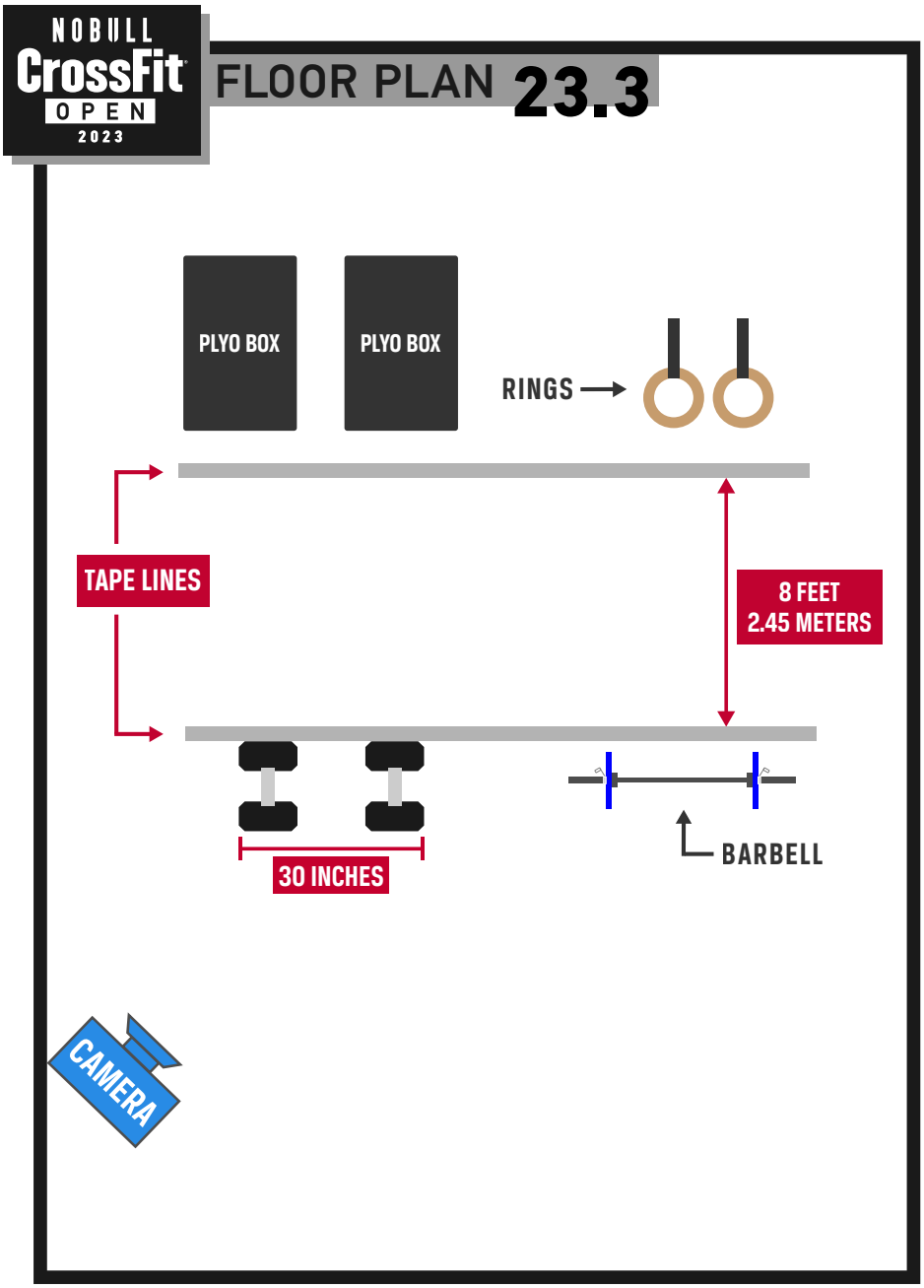
NOBULL CrossFit OPEN 2023

OPEN WEEK 3

12 P.M. (NOON) PT THURSDAY, MARCH 2, THROUGH 5 P.M. PT MONDAY, MARCH 6

Presented by RP



SCAN THE CODE

RP

Buy 1 month and get two months FREE of the RP Diet Coach App

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MOVEMENT STANDARDS

DIP

- The dip may be performed on a set of boxes, a dip bar, or other similar equipment.
- The dip begins and finishes with the athlete's arms locked out.
- Athletes' feet may **NOT** touch the ground at any time. If the feet touch the ground, that is a no rep.

- The rep is credited when the athlete returns to a position of support on top of the dipping apparatus with the arms fully extended.

- At the bottom, the shoulders must clearly pass below the elbows.
- The athlete's body must be completely supported by the arms throughout the movement.

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MOVEMENT STANDARDS

RING DIP

- The dip begins and finishes with the athlete's arms locked out and the feet off the ground.
- Athletes' feet may **NOT** touch the ground at any time. If the feet touch the ground, that is a no rep.

- At the bottom, the shoulders must clearly pass below the elbows.
- The athlete's body must be completely supported by the arms throughout the movement.

- The rep is credited when the elbows are fully locked out while in the support position above the rings.
- An assistant may manipulate the athlete's legs to a safe position when returning to the ground, but may not apply any lifting assistance.

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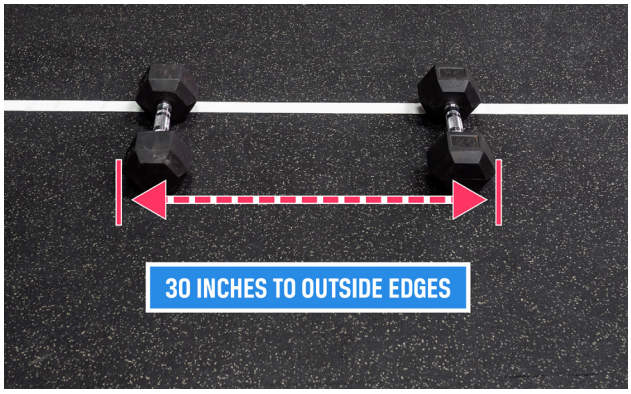
MOVEMENT STANDARDS

U-TURN



- Every U-turn is scored as 10 repetitions (example: 5 U-turns = 50 repetitions). There is no credit for partial repetitions.
- The chair U-turn starts with the athlete's wheelchair axle on one side of the dumbbells marking 30 inches on either side.

- The athlete must pull back and spin away from the dumbbell markers. The athlete may then push to the other side of the dumbbells marking 30 inches.

- The rep is credited when the athlete's wheelchair rear axle clearly passes the end of the dumbbell markers on the opposite side. In the picture, the line to cross is on the far side of the dumbbells.

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MOVEMENT STANDARDS

LAP SNATCH

- Start the lap snatch with the bar on your lap or platform.

- If using a platform setup (shown in pictures with stacked plates), the resting bottom-most part of the barbell, with standard-size plates on the barbell, may be no more than 2 inches above the lap or pad.
- Collars must be placed outside the plates during all attempts.
- Start each rep of the clean with the bar on the lap or supported by platforms.

- The rep is credited when:
  - The bar supported in the overhead position with elbows extended.
  - The bar is over the center of your body (or slightly behind).
  - Your torso is vertical.
- The bar must continue moving up to the overhead position in one smooth motion.
- The bar may not pause, rest on your chest, or descend during the attempt.
- Athletes may have assistance resetting the bar on the lap or platform, and loading the barbell between attempts.

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NOBULL CrossFit OPEN 2023

OPEN WEEK 3

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Presented by RP

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5 U-turns
6 lap snatches (weight 4)

♀55 lb, 65 lb, 75 lb, 85 lb
♂75 lb, 85 lb, 95 lb, 105 lb

10 DIPS	10	
5 U-TURNS (1 U-TURN = 10 REPS)	60	
15 LAP SNATCHES (WEIGHT 1)	75	
10 DIPS	85	TIME
5 U-TURNS (1 U-TURN = 10 REPS)	135	
12 LAP SNATCHES (WEIGHT 2)	147	

IF COMPLETED BEFORE 6 MINUTES, ADD 3 MINUTES TO THE TIME CAP AND COMPLETE: TIME

15 RING DIPS	162
5 U-TURNS (1 U-TURN = 10 REPS)	212
9 LAP SNATCHES (WEIGHT 3)	221

IF COMPLETED BEFORE 9 MINUTES, ADD 3 MINUTES TO THE TIME CAP AND COMPLETE: TIME

15 RING DIPS	236
5 U-TURNS (1 U-TURN = 10 REPS)	286
6 LAP SNATCHES (WEIGHT 4)	292

Finish Time _____ **OR Total Reps** _____

Athlete Name _____ (Print)

Tiebreak Time _____

☐ **Rx'd** ☐ **Scaled**

Test Location _____ **Judge** _____ (Judge Name)

Has judge passed CrossFit's Online Judges Course? Y / N

I confirm the information above accurately represents the athlete's performance for this test. _____ Athlete Signature Date

Athlete Copy

TEST 23.3 - ADAPTIVE - SEATED WITH HIP FUNCTION

Finish Time _____ **OR Total Reps** _____

Athlete Name _____ (Print)

Tiebreak Time _____

☐ **Rx'd** ☐ **Scaled**

Test Location _____ **Judge** _____ (Judge Name)

Has judge passed CrossFit's Online Judges Course? Y / N

SCAN TO SUBMIT SCORE

I confirm the information above accurately represents the athlete's performance for this test. _____ Judge Signature Date

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